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While busy with baby, nurse draws mother into conversation, gains her confidence, and gives her an encouraging word.

The next day nurse arrives and finds the mother with hair combed and neatly done up, the house has been straightened, and quite an attempt has been made to make a better background for the little baby.

So as time goes by the building of the background progresses, and at the end of a few weeks' visiting the nurse finds quite a change in our little room.

The question is, "Was it worth while?" Was this little result worth the effort? I have given as an illustration one of our every-day occurrences. This is what our work consists of.

It is the old adage verified, that "from the atoms the mountain must grow," and who of us shall say that the work accomplished may not give us a man or woman of such thought and intellect that their families may grow up with better surroundings?

The thought it teaches is that in our work we have an object. We wish to aid these people by teaching them to aid themselves. We would make them feel that life is not all for gain, but that some lives are for the sake of down-trodden humanity.

To my women-readers I would say: live for your sex; strive for their uplifting; pray that the chains of jealousy, frivolity, and self-pride may be broken, and say to yourselves: "I will do something for my people. I will give of my better-self," and in so doing in time you too will conclude that "it was worth while."

WESTERN NORTH CAROLINA AS A HEALTH RESORT

By MARY P. LAXTON

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PUBLIC attention was first attracted to Western North Carolina as a health resort in 1870, when the health maps accompanying the census reports of that date were marked to indicate a belt running through this section which was practically exempt from tuberculosis and almost all diseases of the throat and lungs. The desire for good health and long life is coëxtensive with the human race, so it is not surprising that health-seekers soon came in numbers to test and to prove the efficacy of the climate.

The Blue Ridge Mountains cross the western part of the State from northeast to southwest, the general elevation being almost four thousand feet. Mount Mitchell, the highest peak east of the Rocky

Mountains, stands prominent among the giants which "sentinel enchanted land."

The climate affords what a health resort should offer, the happy mean between the sharp cold of the North and the heavy, humid air of the far South, affording favorable conditions for out-door life in all seasons. The atmosphere has a "snap" and bracing quality which is very invigorating, and enables one to bear with comfort the low temperature which is experienced at times even in this "Land of the Sky." Visitors in the winter season should remember that though in the "Sunny South" they will find warm winter clothing most essential. We do not have perpetual summer, as many seem to expect. The extremes of heat and cold are felt, as in all mountainous districts, and must be provided for.

The pure air and bright sunshine suggest health, and "de diseases what's inherited through de air" (to quote from an old colored woman) have a hard struggle for existence for want of a proper medium.

Exceptionally fine fruit is grown within a large area known as the "Thermal Belt." The orchards are rarely touched by frost. Wild flowers grow in profusion; along the banks of the streams and in the mountain crevices the rhododendron hangs in rich clusters. The woods and fields are lovely with azalia, kalmia, golden-rod, and other flowers in season. During the winter and spring baskets full of galax and trailing arbutus are brought in and sold on the streets. Many boxes of these flowers are mailed daily to distant friends.

There are so many towns in Western North Carolina each offering its own inducements to strangers that it is impossible to give them in detail. Hotels and boarding-houses are numerous, and comfortable board may be obtained at almost any price, ranging from seven to twenty dollars per week.

A suite of rooms with arrangements for "light house-keeping" or a small cottage may be rented for ten dollars a month upward. The markets in the larger towns compare favorably with any city markets; in smaller places they are dependent upon the "country produce," but all fruits and vegetables may be had in season, with prices as reasonable as may be expected in any health resort.

Asheville, N. C., has been so widely advertised it needs no introduction; it is a most cosmopolitan place, and visitors find much to interest them. Trolley lines and beautiful drives have made the mountains easily accessible, and in the charming sun-parlors the fresh-air treatment may be thoroughly enjoyed. Riding, driving, and golfing are the principal amusements. There are sanatoriums for the treatment of tuberculosis with rates of from fifteen to thirty dollars per week,

private rooms in a general hospital from twelve to twenty dollars a week. In Morganton, N. C., a delightful, restful Southern town, beautifully located in the foot-hills of the Blue Ridge Mountains, an up-to-date private sanatorium has been opened for the treatment of nervous and mental diseases. The "Broad Oaks" Sanatorium, as it is called, was erected to supply a long-felt want for such an institution amid such surroundings, and under the guidance of specialists of long experience it promises to be a haven of rest for overworked and nervous people.

No resort possesses more natural advantages than Hot Springs, on the French Broad River, about twenty miles north of Asheville. The hot springs, as the name implies, are large pools bubbling up from the ground, the temperature of the water being from 98° to 102° F. The baths have almost miraculous virtue in cases of rheumatism and neuralgia. The scenery throughout this section is beyond all description; no words are adequate to convey an idea of the wild grandeur of the mountain peaks and gorges and the clear, sparkling streams. Many of these things are made the more interesting by their association with Indian legends and traditions. During the summer camping-parties explore the mountain forests, and those who are hardy enough to "rough it" derive much benefit from the out-door life and air from the pine and balsam groves.

Many inquiries are made in regard to employment and opportunities for work. As is usual in such places, most of the professions are overcrowded.

The country is not nearly developed from an industrial point of view, and its almost boundless resources, such as soil, timber, and water-power, afford great opportunities for profitable investment by capitalists whose health would be benefited by permanent residence, and these, by making such investments, would benefit others who must seek employment as well as health. Asheville is on the Southern Railway. Through sleepers leave New York City over the Pennsylvania Railroad via Washington at three-thirty p. m. and arrive at Asheville at one-thirty p. m. the following day, the cost of ticket being about twenty-five dollars. There is also direct connection from Chicago to Asheville, leaving Chicago at six a. m. and reaching Asheville about thirty-two hours later. Round-trip tickets from Chicago to Asheville, good for six months with privilege of extension, may be bought for twenty-eight dollars.

